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CARRIER PRE-SORT

**FREE**

February 5, 1986 — February 19, 1986

**M**alaria:  
A concen for  
travelers.

— Page 10

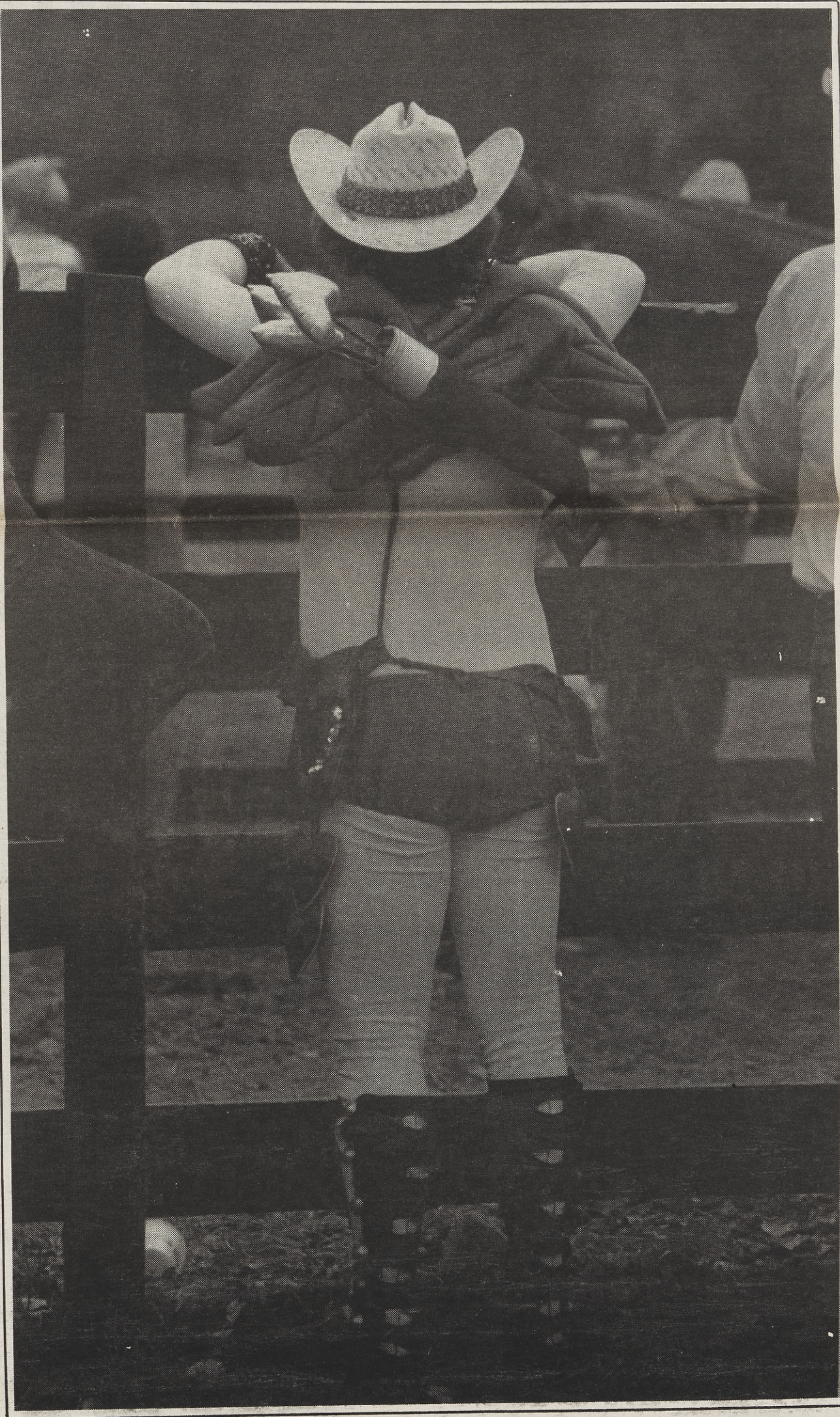
**G**ood Eggs  
honored by  
community.

— Page 7

**C**lassical  
music buff's  
potpourri.

— Page 6

Photo by Debi Effron.





# LETTERS

## Tragic Loss

The tragic loss of the Challenger Seven is part of the price of opening a new frontiers, a price the crew knew they might have to pay. Their courage will not be wasted. The program will go on with the support of the American people.

We share the loss and sadness of the families and friends of the crew, of the American people, and of the schoolchildren of the world. We have no criticism of NASA's safety precautions. Only their superb safety record allowed us to hope this day would never come, but we knew it might.

## The Fallen

When tragedy its rule proclaimed,  
and all who perished in the flame—  
had come it seemed unto the end  
of what us mortals do portend  
I searched my heart way down inside  
to learn just why those people died  
and then so clear it came to me  
the life God gives—eternity  
can never by an accident  
be shortened with a sad event.

When Jesus our dear master raised  
the dead and dying from their graves

We identify in a special way with our pioneers who embody not just what we are, but the best we aspire to be. These pioneers were leading us into the frontier of space where so many of us hope to find our futures. All of the crew of the Challenger believed, as we do, that space is vitally important to the future of America and the human race.

We, the members of the L5 Society, therefore pledge to rededicate our lives to opening the space frontier for all people, so that the Challenger Seven will not have died in vain.

Greg Barr

the miracle to those watched  
was when they saw what  
Christ had brought  
he gave us each a glimpse of life  
that's free from time or mortal strife

And those of us who think we've lost  
a loved one on the dice's toss  
must realize that in this dream  
of mortal life whose daily scene  
will gradually fade from sight  
as we awake from mortal night.

Don Soule

*Nails by  
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## OOPS

If you tried Bill Nelson's recipe for clam chowder which ran in our Jan 22 issue under "Food for Thought" it might not have come out just right. If you make the following correction, however, it will: The ingredients should read  $\frac{3}{4}$  gallon of milk (not  $\frac{3}{4}$  cup as presented). Please try it again.

Also you'll note that 8-10 16 oz. servings is more like  $1\frac{1}{4}$  gallons. Apologies for any dinners ruined.

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Maya Miyamoto, Firefighter of the Year.

## Miyamoto Honored As Volunteer

"He is an example of what a volunteer firefighter represents as far as our department and the community as a whole," said Acting Chief Lynn Caldwell of the Mid Valley Fire Department. Caldwell was speaking on behalf of Maya Miyamoto who was named "Firefighter of the Year" at a luncheon held Jan. 22 at Rancho Canada.

The award is presented annually by the Monterey County Fire Chiefs Association. Nominees are evaluated by a committee of fire chiefs based on their contributions to the department and to the community.

About Miyamoto's contributions Caldwell said, "He plays a leadership role to the younger guys in the philosophy of the department."

During his career as a volunteer Miyamoto has accumulated over 1,150 training hours, "which represents about one-fourth the hours

he puts in when you consider the calls he comes in for and the meetings he's attended," said Caldwell. He currently serves as Battalion Chief and Assistant Training Officer.

Miyamoto, who was previously a fire chief in Arizona, has been with the department for over 9½ years. "Almost since the beginning," said Caldwell. According to Caldwell, Miyamoto was instrumental in helping organize the department in its early stages.

Besides being a volunteer firefighter, Miyamoto also contributes to the community as a Little League coach and supportive parent.

Miyamoto was presented his award by Supervisor Karin Strasser Kauffman. This is the first time a local volunteer has won the award.

## DAR Honors Students As Good Citizens

Mike Lee was among the high school students honored by the Commodore Sloat Chapter of the Daughters of the American Revolution. The students were honored at a luncheon held Jan. 21 at the Community Church of the Monterey Peninsula.

One student from each school was chosen to receive a Good Citizen award from the Chapter. Criteria included leadership, dependability, service and patriotism. Candidates were first chosen by their classmates with final selection from each school being made by the faculty.

Receiving the awards were: Ramy

Jarallah, Monterey High; Marcie Giamona, Pacific Grove High; Gloria LaCap, Seaside High; Clark Shishido, York; Michael Bruno, Robt. Louis Stevenson; Margaret Bogart, Santa Catalina; and Mike Lee, Carmel High.

Lee was "overwhelmingly chosen" by his peers and the faculty for his involvement in athletic and social activities, as well as, for his academic achievements.

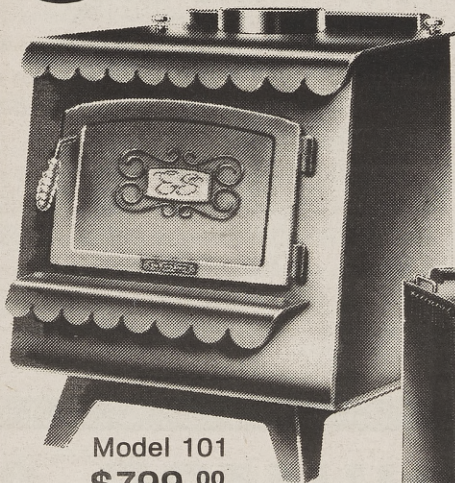
Though he was not chosen as the "finalist" to go on to compete for the State award, Lee rated high comments from Counselor Dee Dresser who introduced him. Chosen as the finalist was Margaret Bogart.



Mike Lee receives his Good Citizen award from Mrs. Kenneth Owen.

26362 A Carmel Rancho Lane, Carmel Rancho Shopping Center 625-1201

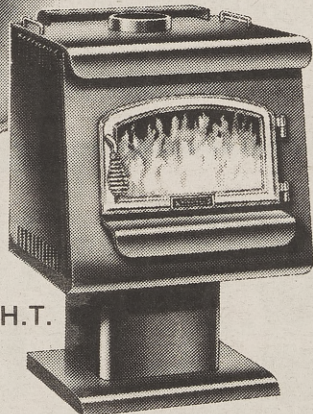
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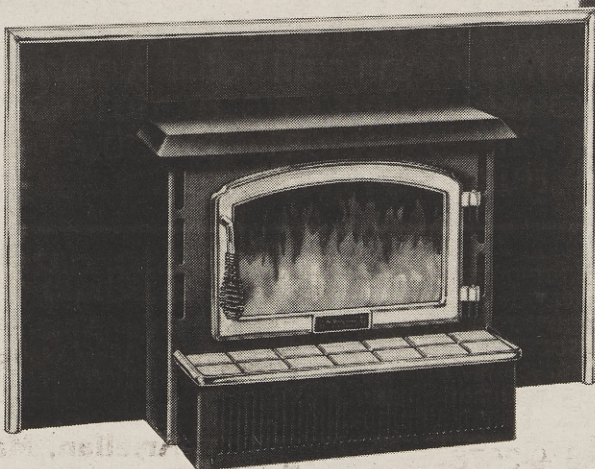
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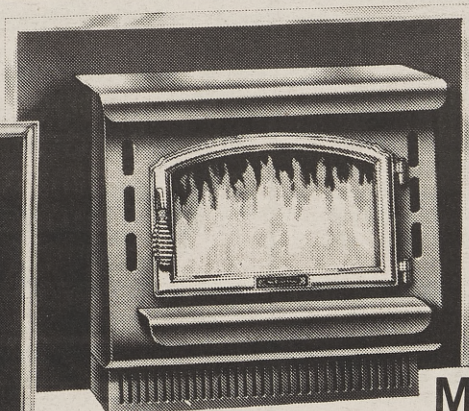
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|-----------|-----------------------------------|-----------------------|---------------|
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## Carmel Valley Sun

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## The Cover

Wait a minute. Cowboys aren't supposed to carry arrows? Oh, it's just Cupid getting ready for Valentine's Day.

## Bradley To Speak At Farr Fundraiser

Los Angeles Mayor Tom Bradley will be the featured speaker at a fund-raising dinner for Assemblyman Sam Farr at the Hyatt Regency Monterey on Friday, February 7.

Mayor Bradley will address the dinner crowd concerning issues facing California, including the effects of potential offshore oil and gas drilling along the California coast.

The dinner will begin at 7:30 p.m. following a 6:30 p.m. reception at the hotel banquet facility.

For additional information call 624-4407.

## Garden Club Meeting Will Feature Heritage Roses

"Old Roses and Companion Plants" will be featured when the Carmel Valley Garden Association meets at 8 p.m. Feb. 13 at St. Dunstan's Episcopal Church on Robinson Canyon Rd. The featured speaker is Barbara Worl, owner and operator, of the Sweet Briar Press.

Worl's knowledge of plants has been acquired over the years through writing, publishing and specializing in old books on gardens. She travels extensively presenting her Heritage Roses and companion plants to audiences. She also has a large rose display garden in Palo Alto which is open to the public once a year.

The meeting is free and open to the public.

## CUSD Board To Meet

The Carmel Unified School District Board of Trustees will meet at 7 p.m. Feb. 11 at the Carmel Middle School. The meeting is open to the public.

## Park Board Will Finalize Budget

The Carmel Valley Recreation and Park District Board of Directors will meet at 7 p.m. Wednesday, Feb. 13 in the Activity House, 25 Ford Road.

Scheduled for the agenda is adoption of the 1985-86 budget.

The meeting is open to the public.

## Africa Is Guild Meeting Topic

The Carmel Valley Chapel Guild will hold their regular monthly meeting at 12:30 p.m. Feb. 12 in the Fellowship Hall on Village Drive.

The program will feature Helen McCaige, president of the Church Women United. She will talk about her trip to Africa and the United Nations conference.

Hostesses for the event are Anne Werdleman, Lois Meadows and Vera Stokes.

## CVPOA To Meet Feb. 13

The Board of Directors of the Carmel Valley Property Owners Association will hold their regular monthly meeting at 7:30 p.m. on Feb. 13 at St. Dunstan's Episcopal Church on Robinson Canyon Rd.

The meeting is open to the public.

## Paper Airplane Contest Planned



Yassen Batchev.

How long can you make a paper airplane fly? You can put your skills to the test at 10 a.m. on February 22 at the Little League field.

The event is a paper airplane contest and is open to all ages. The entry fee is \$1.

There will be first and second place prizes awarded for two categories: the plane that flies the farthest, and the one that flies the longest.

The event has been organized by Yassen Batchev who said he got the idea after getting a paper airplane book for Christmas. His dad, Yavor Batchev of Yavor's Deli will be assisting him and is providing gift certificates for prizes.

For more information call 659-4001.

## Shared Housing Plan Reduces Housing Costs

The shortage of affordable housing in Monterey County is a serious problem affecting many residents and especially, senior citizens. Seniors may be forced to live in substandard housing or resort to institutionalized living for financial or medical reasons or because they no longer wish to live alone.

The Alliance on Aging Information, Referral & Assistance Service has an alternative for the residents of Monterey County. In 1984, the Senior Shared Housing Program was developed to help reduce housing costs for individuals.

The Senior Shared Housing Program brings together senior citizens and people of all ages. Shared housing counselors interview participants and assist in placing homeseekers with homeproviders.

"Companionship and ability to remain independent are two benefits of shared housing," said Toni Delmonte, Program Coordinator. "But mainly," she added, "we are helping seniors find affordable housing."

Anyone interested in sharing their home or the home of someone else can contact the Senior Shared Housing office at 280 Dickman Avenue in New Monterey, 8 to 4:30, Monday through Friday. In Salinas, contact the office at 600 South Main Street, 8 to 4:30, Monday through Friday. Counselors will arrange brief interviews at either office.

As Ms. Delmonte said, "We want to meet with the participants, personally, and help them make compatible matches. Matching people with similar needs is the key to the program's success."

## Time To Sign UP For Little League

The Carmel Valley Little League will have sign-ups for the 1986 season on Feb. 11, 15 and 20. Children 8-12 years are eligible.

The sign-ups will be from 7-9 p.m. at Tularcitos School on Feb. 11 and 20 and at the Little League ball park from 1-3 p.m. on Sat., Feb. 15.

For more information call 625-2714.

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## Granoff To Head Local AHA Fund Drive

Elizabeth Granoff of Carmel Valley will be the local chairman of the American Heart Association fund drive. Working with other Central Mission Trails Chapter volunteers she will begin the local residential fund drive this month, which is also national Heart Month.

Seeking contributions from their neighbors, the volunteers are hoping to raise \$84,000 during the 1986 campaign. Nearly \$77,000 was collected in 1985.

Through this campaign and other special fund-raising events, the Central Mission Trails Chapter was able to

raise nearly \$315,000 for state and national research projects and community education activities.

Ferne Mammen of Salinas is the overall fund campaign chairman. She noted that despite a continuing drop in the death rate from heart disease and stroke, about 63 million Americans are afflicted by these diseases. "The death rate from heart and related diseases is nearly equal to deaths from all other diseases combined, so it's easy to see how serious the problem is in our country," she said.

## Community Chapel Will Hold "Kids Nite Out"

The Carmel Valley Community Chapel Preschool is offering a "Kids Nite Out" from 5-10:30 Feb. 7. It is open to children ages 3 to 10 years old.

The theme will be "Western". There will be a barbecue dinner, roasting marshmallows around the campfire, singing songs, games, movies and a

special guest appearance of Ono the Clown said director Linda Ingram.

The cost is \$10 per child, \$15 for two siblings. Reservations are required.

For more information call 659-3030.

## DAR Will Present Genealogical Seminar

The Commodore Sloat Chapter of the Daughters of the American Revolution will sponsor the 5th annual Genealogical Seminar on Saturday, Feb. 8 at the Church of the Latter Day Saints at Noche Buena and Plumas in Seaside.

The day long affair, will feature Jay Roberts, research specialist in the U.S. Research Dept. at the Genealogical

Society in Salt Lake City. His topic will be Ellis Island records and Documenting U.S. Immigration.

Workshops will be held for beginners and advanced researchers. A final panel will help individuals with their own research problems.

For more information call 375-1347.

# Crosswords PLUS

Edited by Stanley Newman  
© 1984 American Crossword Federation

Red Squares, by Thomas W. Schier

See Answer  
Page 11

### ACROSS

- 1 Daisy Miller's creator
- 6 One Year (book by 30 Down)
- 10 Shinguard spot
- 14 "Hello, \_\_\_\_\_ Be Going"
- 15 Fisher role
- 16 Travalea, e.g.
- 17 Homebound Peace Corps
- 18 Twenty \_\_\_\_\_ (with 41 Down, book by 30 Down)
- 20 Market initials
- 21 Put
- 23 Hannibal and cronies
- 24 State
- 26 Dreaded character
- 28 Sheepish
- 29 First name of 30 Down
- 33 Uncouth coops
- 34 Nail's counterpart
- 35 Hardly attentive
- 36 Works on a bobbin
- 37 Barmaid Ms. Tortelli
- 38 Cathedral voices
- 39 Decimeter
- 40 Wealth: Prefix
- 41 Blotter info
- 42 Two-time comers?
- 44 Bar none
- 45 Sideshow setting
- 46 Unnoticed
- 47 Eastern Christian
- 50 Rumanian city
- 51 Day: Hebrew
- 54 He speaks collectively
- 57 A/o opener
- 59 Basin accessory
- 60 Still
- 61 Heroine's reply to the villain
- 62 Acts the exterminator
- 63 Turn-of-the-century soldier
- 64 Did Hall's work

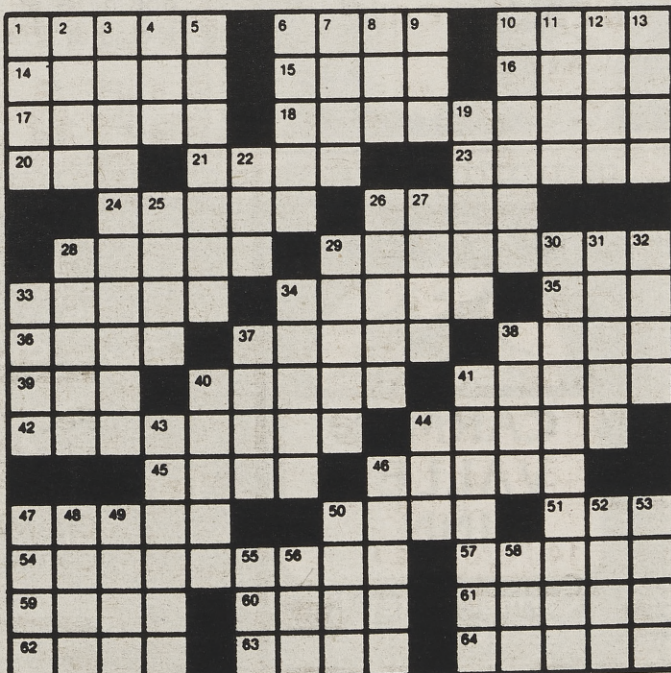
### DOWN

- 1 Jazzy jargon
- 2 Pierre's date

- 3 Soviet capitalists
- 4 Autumn in NY
- 5 30 Down's kin
- 6 Monodont puppet
- 7 Destitution
- 8 Under the influence
- 9 Monogram of a noted QB
- 10 Exchange of prisoners
- 11 Basilica projection
- 12 "\_\_\_\_\_ smile be. "
- 13 Born in
- 19 E.T.'s second home
- 22 Wheel of Fortune purchase?
- 25 Vaudeville arsenal

- 26 Bolitel
- 27 "\_\_\_\_\_ Job" (1958 hit)
- 28 Hokkaido port
- 29 Something bad to be out of
- 30 See 29 Across
- 31 Rio Grande do Norte capital
- 32 Mid-'40s losers
- 33 Walk of Fame name
- 34 Sarcastic challenge
- 37 Highland household
- 38 "When I was \_\_\_\_\_"

- 40 1964 World's Fair attraction
- 41 See 18 Across
- 43 What Otis obsolesced
- 44 Round figures
- 46 Mum's mate
- 47 PC purchaser
- 48 "\_\_\_\_\_ get it!"
- 49 Cooled a six-pack
- 50 Bit of cartography
- 52 Turgenev's birthplace
- 53 Abundance
- 55 Equality, for short
- 56 "What'll \_\_\_\_\_?"
- 58 Once yclept



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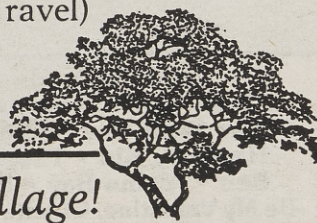
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# ENTERTAINMENT

## Cellist Leslie Parnas Will Perform

Accomplished cellist, Leslie Parnas will be appearing with the Monterey County Symphony on Feb. 23, 24 and 25.

Mr. Parnas has emerged as a major contender for the mantle worn so long by Casals and Piatigorsky. Both men were instrumental in the development of his career: Piatigorsky as his teacher at Philadelphia's Curtis Institute of Music and Pablo Casals as his mentor during his frequent appearances at the Casals Festival in Prades and Puerto Rico.

Mr. Parnas will play the Saint-Saens *Cello Concerto No. 1 in A Minor*. Maestro Suttle has chosen to open the

program with Beethoven's *Leonore Overture No. 3*. *Symphony No. 5* by Dmitri Shostakovich will also be performed.

The concerts will be performed at 8 p.m. on Sunday evening at King Hall, Naval Postgraduate School in Monterey, on Monday evening at Sunset Theater in Sunset Cultural Center in Carmel, and on Tuesday evening at Sherwood Hall in Salinas. Tickets for all three halls are available at the Monterey County Symphony Office in Room 7 of the Sunset Cultural Center in Carmel.

For more information call 624-8511.

## LA Piano Quartet Will Appear At Sunset Theater

The Chamber Music Society of the Monterey Peninsula will present the Los Angeles Piano Quartet on Saturday, Feb. 15 at the Sunset Theater in Carmel. The Performance begins at 8 p.m.

The Quartet with James Bonn, piano, Joseph Genualdi, violin, Ronald Copes, viola, and Peter Rejto, cello will play Mozart's *Piano Quartet in G minor, K 478*, Ives' *Trio for Piano, Violin, and Cello*, and Brahms' *Piano Quartet in C minor, No. 3, Op. 60*.

The Los Angeles Piano Quartet is one of the country's top chamber ensembles and is no stranger to Monterey Peninsula audiences. It performed at the 1984 Bach festival and

in 1985 gave the Carmel Bach Festival Benefit Recital. Members of the Quartet have also performed with the Bach Festival orchestra. The Piano Quartet was founded in 1977 with the express encouragement of Neville Marriner, making its debut at the Music Center in Los Angeles to enthusiastic critical acclaim. Since that time the ensemble has toured extensively throughout the United States and in 1984 made its New York recital debut at Alice Tully Hall. The Quartet records on the Pantheon and Klavier labels.

Single tickets are \$8 at the door before the concert. For information call 372-5981.

## Pianist Jim Chappell Will Perform In Concert

Solo piano artist Jim Chappell will perform in concert at 8 p.m. Friday, Feb. 14 in the Sunset Center Theater

in Carmel.

For more information call 372-1181.

## Gala Silent Auction Planned For Monterey Bay Symphony Fund Raiser

Colleagues of the Monterey Bay Symphony Orchestra will sponsor a gala Silent Auction on Tuesday, Feb. 11 from 6:30 to 8:30 p.m. in the library of the Lodge at Pebble Beach. There is a \$25 fee.

A diverse selection of items will be available to bid on. Among the selections are a Royal Viking Spring cruise on the Mediterranean in May for two a round-trip flight via Pan Am to London in March for two with a charming old house in the country for two weeks and a Wilderness World five day trip

down the Rogue River for one with the Arriga Quartet entertaining with chamber music. Other items include a variety of musical evenings, weekend get-aways, jewelry, wine, cosmetic dentistry and golf packages. For the absolutely unusual, there is also a Past Life Regression session.

Admission includes hors d'oeuvres and wine from both the La Reina and Wolfe wineries. A no host bar will also be available.

For more information call 372-6276, 624-6449 or 625-6573.

## MB Symphony Orchestra Concert To Feature Violinists

Violinist Elaine Skorodin will join Conductor Oleg Kovalenko for the upcoming Monterey Bay Symphony Orchestra concerts. Performances are scheduled for Feb. 16, 17 and 18.

Elaine Skorodin made her debut as soloist with the Chicago Symphony at the age of 10. A graduate of the Chicago Musical College, she tours Europe regularly as soloist, has appeared in recital at the White House, and in concert with such orchestras as the St. Louis, Baltimore and National symphonies. A uniquely versatile performer, she frequently concertizes on the viola, and in addition is an ac-

complished pianist.

Oleg Kovalenko began his musical career as a violinist, and continues to perform on this instrument, particularly in the field of chamber music. He has served as first violinist of numerous string quartets, and has appeared as soloist with the Indianapolis Symphony and other orchestras.

General admission is \$10. Performances are at 8 p.m. at the Sherwood Hall on Feb. 16, King Hall, Naval Post Graduate School on Feb. 17 and Sunset Theatre on Feb. 18.

for more information call 372-6276.

## Ono Loves Laughter

It takes a special talent to make people laugh. And Bill Ballinger has just such a talent through his alter-ego, Ono the clown.

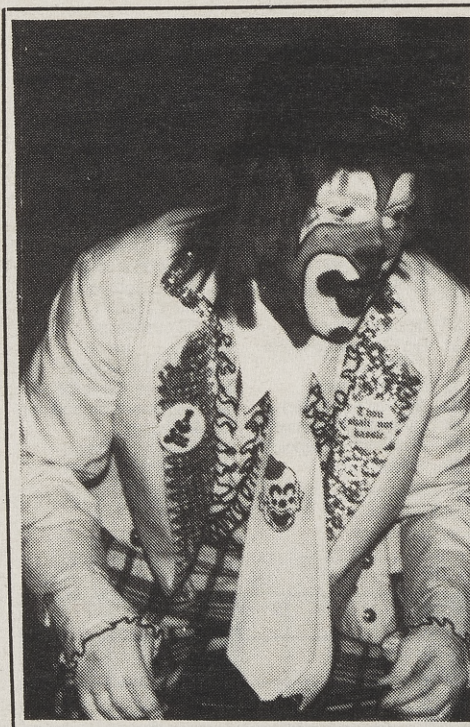
As Ono, Ballinger performs a one hour show packed with magic, shaping balloons and just plain fun. Children are enraptured by his feats and he can

bring the child to the surface in almost any adult. Sporting his black derby and bright orange hair, Ono proclaims "I love it when people laugh." And that's what he likes most about clowning. Besides making people laugh Ballinger's goal is to provide a character "with good moral values that children can look up to."

Ono got his start three years ago after helping his friend, Richard (a clown of course) at an event. Dressed in the appropriate garb Ballinger passed out balloons and helped with other such merriment. "We had so much fun that day that we ended up working together for the next three years," said Ballinger. His mentor had 15 years experience as a clown and according to Ballinger was once the number one clown on the West Coast. "He said I was a natural."

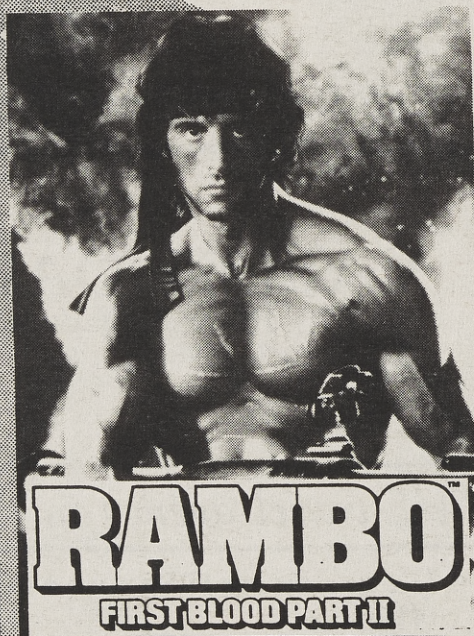
Ballinger took his natural ability and brought it here to the Valley. As Ono, he is currently available for almost any event, and the size of the crowd doesn't faze him. He can be contacted at 659-5259.

Ono.



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# THE CHAMBER CONNECTION

by Grace Darcy  
Executive Director



Good Eggs Chuck McKay, Novella and Aloyce Nicholson were honored at the Chamber of Commerce Installation Dinner. The trio join the list of 93 individuals honored for their contributions to the community. Also, at the dinner, Chamber Board past president Lois Lamar turned over the gavel to newly elected president, Sal Nacita.



Members of the Carmel Valley Chamber of Commerce honored three outstanding citizens at the annual Chamber of Commerce Installation Dinner and Good Egg Awards held Jan. 25 at Rancho Canada. Receiving awards this year were Chuck McKay and Aloyce and Novella Nicholson.

With 155 years of living between them, the Nicholsons were the first to share the Good Egg award honor as a couple. Both were recognized for their active involvement in the community.

Mr. Nicholson earned the award for serving over 59 years with the American Red Cross. "To our knowledge he has taught in excess of 2,000 persons," said Phyllis Crockett of the Red Cross, who presented the award to the Nicholsons. Mr. Nicholson is a retired teacher but still often manages to put in at least three days a week as a substitute.

Though both are active in the Alliance on Aging Mrs. Nicholson is a driving force behind the organization. She makes 10-20 visits per week to shut-ins. Visiting "many people who used to do the visiting,"

said Crockett. She is responsible for the weekly luncheon meetings for the Alliance and schedules the guest speakers. Mrs. Nicholson was also instrumental in organizing the Meals on Wheels program.

The Nicholsons are also active in the American Association of Retired Persons. Both are responsible for organizing local defensive driving programs for seniors and have volunteered their time to teach the classes, which are held three or more times a year.

The Nicholson's turn up wherever help is needed. If there is a river watch, said Crockett, they can be found either sandbagging or helping feed those that are doing the sandbagging. Mrs. Nicholson has also served as a director on the Carmel River Watch (CREW) board.

Chuck McKay is also well deserving of the Good Egg award. He started contributing to the community before he even moved to the Valley. While stationed at Travis Air Force Base he coordinated a meet for the Carmel Barracuda Swim team. Since then he has been an active meet director and has also served as president of the Barracuda Booster Club.

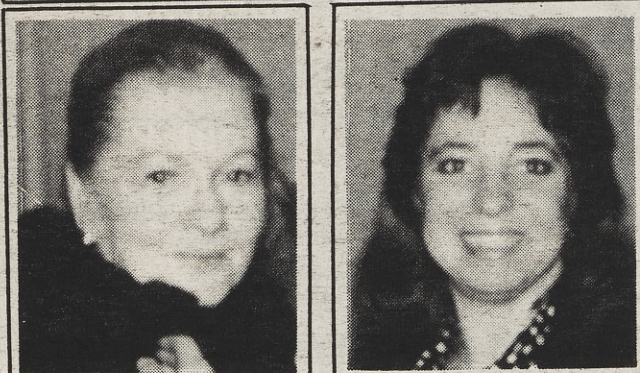
His interest in the educational and recreational welfare of Valley youth have led him many directions. He served on the School Site council in 1980 and spent four years on the Carmel Valley Community Youth Center Board of Directors where he accumulated numerous hours as a volunteer and also served as secretary.

He has proved generous as a businessman as well, donating his services to many worthy causes. He has also been a long standing member of the Carmel Valley Chamber of Commerce and has served on the Board of Directors. He was the organization's president in 1984.

In keeping with his interest in the community, McKay's most recent involvement is his term as an elected official to the recently formed Carmel Valley Recreation and Park District Board of Directors.

## PWN Holds Installation Dinner

Fifth District Supervisor Karin Strasser Kauffman was honored as the "Professional Woman of the Year" by members of the Professional Woman's Network. Strasser Kauffman (right) received a bouquet from last year's honoree, Carol Donald. The guest speaker for the event was actress Joan Fontain (below left). Her talk on the business of acting and question and answer session proved to be entertaining and informative. The purpose of the event was to install the newly elected officers to the Board. Heading the organization for 1986 will be attorney and charter member Elizabeth Fields (below right).



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# TO YOUR GOOD HEALTH

## EYE-deas

Drs. Irving and Kim Hartford

### Extended Wear Lenses—A Cause For Concern?

Media reports of eye injury relating to the extended-wear soft contact lenses have surfaced in the last few months. In nearly all cases, contamination of the lens and/or accessory products or excessive wearing time are the culprits.

The types of eye injuries that can affect vision and occur with extended wear lenses include corneal ulcers and corneal neovascularization. Corneal ulcers are infections that can result in scarring of the clear front eye tissue (cornea). Severe infections can result in total loss of vision. Corneal neovascularization involves the growth of blood vessels on the cornea which can reduce the clarity of the tissue.

From our experience, the occurrence of these problems is very low. Most people with contact lenses do follow their eye doctor's instructions on the care and wearing of the contact lenses, and obtain the proper follow-

up care.

The tips we would like to offer to people who wear extended-wear and daily-wear contact lenses are: 1) Follow the proper regimen of contact lens handling, disinfection, and cleaning. 2) Stick to your eye doctor's recommended wearing schedule. Thirty day contact lenses are not to be worn for 30 days by everyone. 3) Do your own self-monitoring. Be sure that your eyes: look well, e.g. no red eyes, swollen eyelids, etc; see well; feel well. 4) Get routine follow-up care. Many problems occur gradually and can go unnoticed until a major problem exists.

Many people do enjoy the benefits that contact lenses provide and are able to wear contact lenses for many years. We hope the above recommendations will enable you to be one of these people.

### CCVNA To Sponsor Blood Pressure Screening

The Central Coast Visiting Nurse Association is sponsoring a Blood Pressure screening on Feb. 19 from 2

to 4 p.m. at the Red Cross Chapter House, Dolores & 8th Ave. in Carmel. For more information call 373-8943.

### New Program Focuses On Needs Of Those Over 50

The YMCA of the Monterey Peninsula has announced a new program "Fitness Over Fifty" which focuses on the physical goals and needs of people fifty years of age and older. Activities include programs for weight control, cardiovascular fitness, range of motion, strength building and stretching and toning.

The atmosphere is friendly and non-competitive, people at all levels of fitness are welcome. Classes are ongoing and can be started at any time. There is a set fee of \$25 per month and participants can attend as many or as few classes as desired.

For further information call 373-4166.

### Community Hospital Announces Upcoming Workshops

The Community Hospital of the Monterey Peninsula is currently sponsoring a variety of workshops and films.

"The Intervention," a film which illustrates how confronting an alcoholic or addict can begin the recovery process will be shown at 6:30 p.m. Wednesday, Feb. 12. It will be followed by an intervention workshop from 1 to 2:30 p.m. Tuesday, Feb. 11. Call 373-0924 for further information.

"Nutrition and the Emphysema Patient" will be the topic discussed at 2:30 p.m. Thursday, Feb. 13. The discussion is sponsored by the Better Breathers, a support group for respiratory patients which meets monthly. For more information call

625-4934.

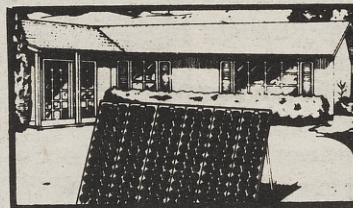
The latest technology for treating diabetics will be displayed and discussed when the Diabetes Support Group meets at 7 p.m. Wednesday, Feb. 12. Among the products on display will be blood glucose meters and insulin jet injectors, which enable diabetics to take insulin without a needle. For more information call 625-4644.

The Community Coronary Club will present a cardiologist from San Jose when they meet at 7 p.m. Monday, Feb. 10. The club is a support group for heart patients and their families. For more information call 625-4934.

All the meetings are free and open to the public.

### Recovery Workshops Continue

"Resistance to Recovery," the fifth in a series of lectures on "Issues in Recovery" by Janet Hurley MFCC, will be presented by Beacon House, Feb. 9, 6-9 p.m. at the Pacific Grove Community Center, 515 Junipero. Cost is \$6 at the door with proceeds benefitting Beacon House. Call 372-2334.



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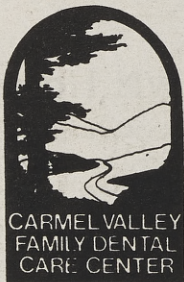
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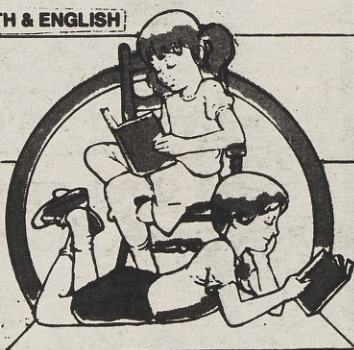
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# PEOPLE ARE READING

News from the Carmel Valley Library

by Lou Ray

## NOW AVAILABLE

\*indicates current best sellers

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2. *Coup D'Etat* — John Harvey
3. *The Years of MacArthur, Vol. 2* — James D. Clayton
4. *A Stolen Past* — John Knowles
5. *Earthly Paradise; Garden & Courtyard in Islam* — Jones Lehrman

6. *Chopstickes, Cleavers & Wok* — Jennie Low
7. *Competent Counsel; Working with Lawyers* — Denise Shekerjian
8. *Ballet Class; Principles & Practice* — Joan Lawson
9. *Entrepreneurs, The Men & Women Behind Famous Brand Names & How They Made It* — Joseph Fucini

## Outreach Program To Offer Writing Class

A unique writing class will be offered at Rippling River through the outreach program of Monterey Peninsula College. The class is free and is open to the public. New members are welcome at any time.

The class meets every Monday from

1:30 to 3 p.m. and will be led by Illia Thompson. Activities include using literature as a springboard for individual writing and sharing written pieces with classmates.

For more information call 659-5210.

## Library Film Features Gable And Colbert

A chance to relax and enjoy an evening of family entertainment will be offered Feb. 7 at 7:30 p.m. at the Carmel Valley Library.

The Library will present the film classic *It Happened One Night*. Directed by Frank Capra, the film's stars include Clark Gable and Caludette Colbert.

Admission is \$2 adults, \$1 children.

The film is a presentation of the Friends of the Carmel Valley Library. Proceeds benefit the library through book and equipment purchases and improvements.

For more information call 659-2377.

## Alzheimer's Support Group To Meet

The Salinas area Alzheimer's Disease Support Group has been re-formed by Mary Moran, of the Monterey County Health Dept., Mental Health Division. The group will offer support to families and caretakers of those affected by the disease.

For more information call 424-0946.

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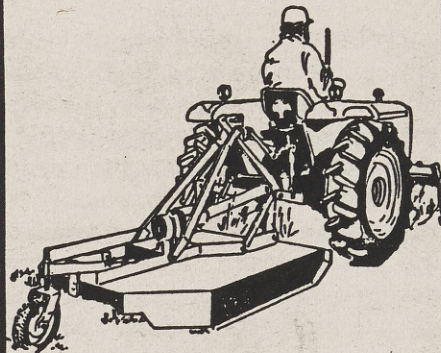


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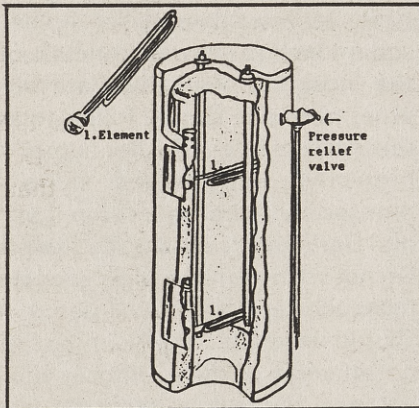
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HOME HINTS

## STEW'S PLUMBING



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We hope the last article on gas water heaters has helped you. Now, let's talk about its cousin, the electric water heater. Both gas and electric water heaters are glass lined to reduce corrosion and to prolong tank life. Approximately five to ten years is an average life span for a water heater.

The electric water heater is heated by two metal elements that are submerged directly in the water. One is placed  $\frac{1}{3}$  of the way up from the bottom, and the second element is  $\frac{2}{3}$  up from the bottom. They each have their own thermostat. The lower thermostat is normally set at 125°, and the upper at 115°. The heat molecules rise, stacking up at the top allowing the upper thermostat to be set at a lower setting.

Like the gas water heater, all water heaters should be installed by qualified, licensed plumbers; and, all the safety devices should be working properly, including the pressure relief valve. It was not mentioned in our prior article, but the relief valve should be piped to 6" above the floor if you have a drip pan or 6" above the finish grade. This is for safety precautions should the water heater relieve. That way, it won't spray hot steam or scolding water on your face.

All water heaters have fill tubes that direct the cold incoming water to the bottom of the tank. All water heaters have anode rods that help in the prevention and deterioration of the tank due to corrosion and electrolysis. If your water is very hard or corrosive, this anode rod may need replacing before the life of the heater is up. And, don't let soft water fool you because even soft water doesn't remove minerals like iron and calcium.

It is suggested that all water heaters be drained periodically and cleaned to flush sediment build-up at the bottom of the tank. This sediment can become so thick that it will actually bury the lower element, restricting any heat transfer from it at all. Sediment build up can also cause your water heater to make rumbling noises very much like boiling water. Draining your water heater is recommended at least once a month.

So you see, there are things you can do to help maintain your water heater. And remember, if you take care of it, it'll take care of you!

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# GOING MY WAY

Travel Tips by Thom Gulliver  
Courtesy of Carmel Travel

UMBU is a dreaded word in East Africa. The same word, UMBU, means both *Malaria* and *mosquito*, the insect that spreads the disease. UMBU is responsible for over a million deaths each year in tropical Africa alone. And now that we have eradicated smallpox, the World Health Organization has declared Malaria the #1 health threat for international travelers. Ten thousand travelers from non-malarial countries will contract the disease in 1986. And most of these will be infected because they do not realize they will be traveling in an area where the disease is endemic, and thus fail to take necessary precautions.

There are no shots you can take to prevent malaria; *there is no immunization for this disease!* but you can protect yourself against it.

Malaria is caused by a microscopic animal, a protozoan, with the genetic name *Plasmodium*. There are over twenty varieties, but only four infect humans. Three produce a benign form of the disease, but one, *Plasmodium falciparum*, produces a severe form that is often fatal.

This organism is a parasite because it cannot exist by itself; it requires two host animals in order to reproduce and grow. Its life-cycle is three-phased: first in the liver of man, then in human red blood cells and, finally, in the gut and salivary glands of the female *Anopheles* mosquito. This mosquito needs animal red blood cells also, as the source of protein required for the maturation of her eggs. So the mosquito and the malarial parasite need each other—a unique symbiotic relationship that results in the transmission of the disease.

The sun sets. Vampire-like, the female mosquito begins her hunt for human blood. She has rested all day in thick foliage or in a dark corner of a bedroom. She is attracted by the warmth of human flesh and the carbon dioxide that humans exhale. She particularly likes the perfume that human females wear on their necks, bare wrists and ankles. She does not buzz

as other mosquitos do, but approaches quietly. She injects a few drops of her saliva as a local anesthetic, then searches for a small blood vessel, she punctures it with a flexible tube from her proboscis and drinks enough blood to double her weight. At the same time her saliva has deposited hundreds of Malaria organisms into the host's blood stream. She flies off to rest for 24 hours while her eggs mature, then she flies to her breeding site to deposit the eggs in stagnant water. The next night she is back searching for more blood.

Knowing how Malaria is spread, the best way to avoid contracting the disease is to use mechanical means to prevent the mosquito bite. Door and window screens and mosquito bed nets are essential. The netting should have at least twenty-six holes per square inch to prevent penetration by the mosquito. And there are several other rules one should follow to avoid these insect bites: 1) After sunset wear protective long-sleeved shirts and blouses and long trousers in light colors. Dark colors attract the insects. 2) Do not wear perfume or after-shave. 3) Mosquito repellent (brand name—Off) should be applied every 2 hours to exposed areas of skin. 4) Spray the bed net and the entire bedroom before retiring with pyrethrin insecticide (brand name—Raid). This insecticide kills mosquitos on contact. 5) Do not go swimming after sunset.

There are also anti-malarial drugs that are available, but they *do not prevent the establishment of a malarial infection*; they only suppress the clinical symptoms of the disease and are, therefore, referred to as suppressants. They will, however, prevent the reproduction of the parasite during the second or red blood cell stage of its life-cycle and thus cure the disease at this stage, which is often two weeks following the mosquito bite. For this reason, suppressant drugs must be continued for six weeks after you leave the endemic area.

Chloroquin (300 mgm. once a week)

is the usually prescribed suppressant. However, in certain areas the malarial parasite *P. falciparum* has become immune to this drug and Fansidar (also taken once a week) should also be taken. Fansidar is a sulfa drug and can cause severe allergic reactions. For

this reason, suppressant drugs should be started two weeks before you leave on your trip so any allergic reactions will occur while your doctor can attend you.

First in a two-part series

## NANCY'S KITCHEN

by Nancy Amoto, Caterer and Food Consultant  
Courtesy of Tastefully Yours

### Jerusalem Artichoke

The Jerusalem artichoke is native to eastern North America. Early explorers found it being used by the Indians and carried it back to the old world under the Italian name *Girasole* which means "turing to the sun." It is thought that some mumbling of that name turned it into "Jerusalem" to non-Italian ears.

They are no relation at all to the globe artichoke, but are a tuber belonging to the sunflower family sometimes marketed as "sun choker." They look like small knobby new potatoes, and I feel they are a much neglected vegetable, probably because most people have no idea what they are or how to cook them. They not only taste delicious but are extremely low in calories. Boiled in their skin until tender, like new potatoes, they may be

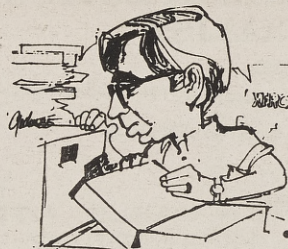
eaten with butter or hollandaise sauce (or with nothing at all, if you are counting calories), turned into a puree, or sliced and used cold in salads. If peeled thinly sliced, and tossed raw into a salad, they have a lovely crisp quality rather like a water chestnut.

### Buttered Jerusalem Artichoke

1 pound Jerusalem artichokes  
3 tablespoons unsalted butter  
1 to 2 tablespoons finely chopped parsley

Scrub the Jerusalem artichokes and toss into a bowl of cold water until ready to cook. Put in salted water to cover and boil in their skins for 8 to 10 minutes, or until just tender when tested with a knife point. Peel, slice 1/2 inch thick, and toss with the butter and the parsley.

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## Cherry Blossom Celebration Planned

The Japanese are particularly sensitive to nature and seasonal changes. They have a great enthusiasm for flowering trees, such as plum, peach and cherry. They celebrate their blossoming season with outings to scenic spots, shrines and temples that are noted for their blossoms. The occasion is embellished with singing, drinking and dancing.

The Summerhouse Restaurant will be bringing a touch of these lively festivities to the Valley on Saturday,

Feb. 15 with a Cherry Blossom Festival.

The Festival includes a 7 p.m. dinner seating featuring traditional Japanese dishes: sushi, soup, teriyaki chicken, vegetables, green tea, ice cream and a complimentary glass of plum wine. There will also be a fashion show of antique kimonos presented by Tippi McGinnis. Reservations are required.

To join in this foreign affair call 659-5337.

## CVPOA Elects New Officers

The Carmel Valley Property Owners Association recently announce the election of new officers and directors to the Board of Directors.

Serving as president for 1986 will be Gene Erner. Erner was also recently appointed to the Mid Valley Fire Protection Board of Directors and is a real estate agent for Porter-Marquard Realty. Serving with Erner as vice president will be Richard T. Nimmons. Other of-

ficers include recording secretary, Barbara Olson, corresponding secretary, Betsy Shea and Treasurer, John Tiernan.

Newly installed directors include Don Harrison, Feesie Heuer, June Sheppard and incumbent Charles Tillinghast.

The directors were installed in office at the annual membership meeting held Jan. 21 at del Mesa Carmel.

## Water Board To Meet Feb. 10

The Monterey Peninsula Water Management District Board of Directors will meet at 7:30 p.m. February 10 in the Monterey City Council Chambers. Among the agenda items are the Schulte Reach Erosion Control Project, review of permit conditions for Carmel Valley Mutual Water Company, review of city priority system presentations and review of the new San Clemente project timeline.

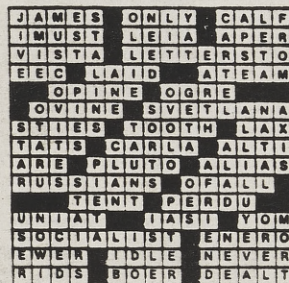
The proposed Schulte Reach Erosion Control Project is a multi-phase project, said District Engineer Jim Finnigan, which includes extensive willow planting upstream of the Schulte Road bridge. Subsequent phases include irrigation, low cost revetments and additional willow planting. District staff will be seeking board approval for the first phase (planting) and approval in concept for the subsequent phases.

Review of the performance of Carmel Valley Mutual Water Company

is a public hearing item. Previously the company has shown as high as 70 percent of pumped water unaccounted for, said Michael Ricker, Demand Management Coordinator, which concerned the Directors. Unaccounted for water has been reduced considerably, he said, and exactly what board action will be necessary is unknown.

Priority allocations for Seaside will be a discussion item. According to Ricker Seaside is the last large city that doesn't have a priority allocation system in place or pending. Ricker said this could become controversial in light of recent proposals for hotel development. Seaside is already over 90 percent of their allocation, he explained, and hotel developments could reduce the amount of water available for residences.

For more information call 649-4866.



**Saturday, February 15**

**Cherry Blossom Festival**  
a Japanese celebration

featuring an antique kimono show by Tippi McGinnis

Menu includes:  
Complimentary glass of plum wine  
Sushi, Soup, Salad, Teriyaki Chicken, Rice, Vegetables, Dessert, Tea

\$16.00\*  
**ONE SEATING: 7 P.M.**  
Reservations only: Call as soon as possible  
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\*Alcoholic Beverage Extra

**An "old fashioned" Village bakery**

7:00 a.m. to 6:00 p.m. Mon.-Fri.  
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Say they've developed quite a craving,

All through town they fight the yearning,  
But at the corner, just can't help turning,

They give it their best, but it's quite a feat,  
To pass up the muffins at the

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13 W. Carmel Valley Rd.

Debi Effron  
659-2800

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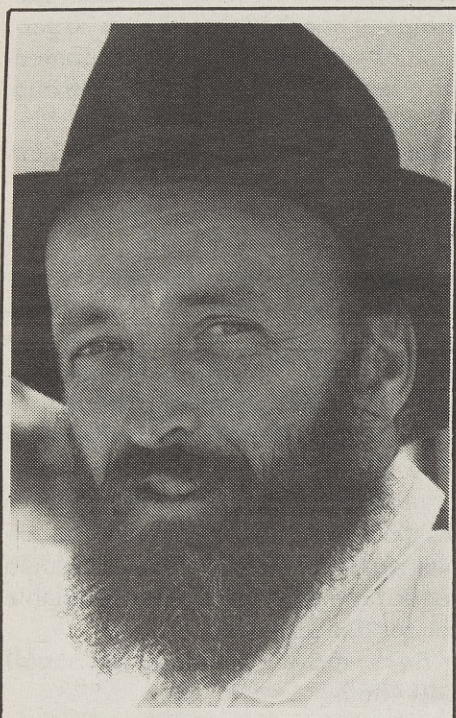
**The In & Outdoor Shop**

**9:30-5:30 Mon.-Sat., Closed Sun.**  
White Oak Plaza, Carmel Valley Village  
**659-2832**



# VALLEY VOICES

Photos by Debi Effron.



Bob Eaton

"The great injustice in Carmel Valley is that Jack Belangee should start riding horses."

## What injustice would you like to see corrected?

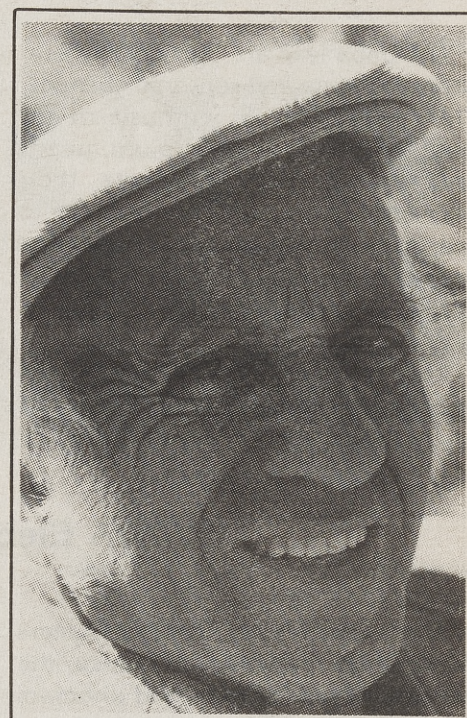
(Editor's Note: The question, as you might have guessed by some of the answers, was asked on Martin Luther King, Jr.'s birthday.)



Joan Zielinski—Countryside Properties  
"Child abuse. It really bothers me."



Caroline Tugel—Valley Oaks Travel  
"Being Martin Luther King, Jr. Day it brings up the unfairness of racial prejudice."



Salih Mehdy—Oleander Garden Shop  
"I'm glad that someone started it (fighting racism) like Martin Luther King, Jr. and I hope that it will snowball so people can live in harmony and peace."

## TRADING POST

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### ANNOUNCEMENTS

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